

CONTACT PARKS AND RECREATION AT 952-563-8877 FOR MORE INFORMATION ON THESE ACTIVITIES.

ADULT SPORTS

ADULT TENNIS DRILLS

TAUGHT BY A CERTIFIED TENNIS instructor, drills are practice sessions to improve stroke production. Facilities include locker rooms, showers, sauna, whirlpool, steam room, swimming pool, indoor running track and exercise room.

When:

Session I: February 25 - April 1.

Session II: April 7 - May 13.

Times:

Beginner: Wednesdays, 6 - 7 p.m.

Intermed.: Thursdays, 6:30 - 7:30 p.m.

Where: 98th Street Northwest Athletic Club.

Cost: \$54 for six one-hour lessons.

Limit: Eight per class; minimum of four.

DAYTIME VOLLEYBALL

EXERCISE AND ENJOY VOLLEYBALL IN the mornings. All games are played at the Bloomington National Guard Training and Community Center. You don't need a team – one will be formed each time.

When: Tuesdays and Thursdays year-round.

Where: National Guard Training and Community Center, 3300 W. 98th Street.

Time: 9:30 - 11:30 a.m.

Cost: \$1.25 each session.

MEN’S, WOMEN’S AND CO-REC SOFTBALL

When: One evening per week starting May 3.

Where: Valley View and Dred Scott playfields.

Cost: \$520 per team - Recreation. \$710 per team - Fast Pitch and Double Header. \$810 per team - Open.

Deadline: March 12.

PLAY BALL!

PARKS AND RECREATION IS GEARING up for another season of adult softball - a great way to exercise, meet new people, socialize with co-workers or friends and have a little competition. More than 300 teams compete throughout the summer and fall in Bloomington.

Hosted at the Dred Scott and Valley View playfields, leagues are for those age 18 and older. Divisions include men’s, men’s fast pitch, women’s and co-rec.

Leagues are formed in March and play May through July. Teams are sanctioned in both of Minnesota’s major softball associations, the Amateur Softball Association and United States Specialty Sports Association. Play ranges from men’s and women’s open leagues to recreational. Co-rec is offered at the competitive and recreational levels.

For more information, call Recreation Supervisor Jason Hicks at 952-563-8880 or e-mail jhicks@ci.bloomington.mn.us.

GET ACTIVE



YOUTH ACTIVITIES
KIDS, GET OUT AND GET ACTIVE!

BLOOMINGTON LOVES ITS KIDS CARNIVAL

Saturday, February 21, 12:30 - 3 p.m.

Northwestern Health Sciences University, 84th and Penn Ave.

GAMES, EXHIBITS, FOOD, POLICE AND FIRE DEMONSTRATIONS, entertainment and lots of fun for kids and families.

Event is free! Please bring a food item for the VEAP food shelf.

SPRING EGG HUNT
FOR CHILDREN, AGES 8 AND UNDER

Saturday, April 10, 11 a.m.

Normandale Lake Park, 84th and Normandale Blvd.

KEEP LOOKING – THEY’RE OUT THERE SOMEWHERE. THIS “eggs”traordinary annual event is sponsored by Parks and Recreation and the Bloomington Breakfast Optimist Club.



SUMMER SPECTRUM
SUPER SIGN-UP SATURDAY AT NEW LOCATION!

Saturday, April 17, 9 – 11 a.m.

Bloomington Civic Plaza,
1800 W. Old Shakopee Road

TAKE ADVANTAGE OF THIS GREAT OPPORTUNITY TO ASK questions, organize your child’s summer and register in one place. Summer Spectrum, an eight-week collaborative effort between Bloomington Parks and Recreation, Community Education and the Bloomington Art Center, offers a variety of summer activities for youth, complete with transportation and childcare. Look for more information on all of the Summer Spectrum programs when the brochure is delivered in late March. For more information, call Parks and Recreation or visit www.ci.bloomington.mn.us, keyword “spectrum.”



GALAXY YOUTH CENTER
REACH FOR THE STARS!

Where: Valley View Middle School, 8900 Portland Avenue.

Hours: Monday - Friday, 2:20 - 6 p.m.

Bus home : 4: 30 p.m., 5:30 p.m.

Where: Oak Grove Middle School, 1300 W. 106th Street.

Olson Middle School, 4551 W. 102nd Street.

Hours: Monday - Friday, 2:20 - 5 p.m.

Bus home: 4: 30 p.m.

Cost: \$25 per quarter or \$.50 daily.

THE SKY’S THE LIMIT FOR YOUTH GRADES 6 through 8 at Galaxy Youth Centers, located in all three middle schools. The centers provide opportunities to empower youth through recreation, leadership, socialization, learning and service activities. Center activities include music, foosball, ping-pong, billiards, video games, arts and crafts, service projects and sports. For more information, call 952-681-5807.



THIS FRIENDLY COMPETITION CHALLENGES employees to shape up! Bloomington worksite coordinators receive special training and all materials needed to participate in the contest that runs from April 19 to May 30. Every week, employees record points for aerobic, strength-training and flexibility activities. Trophies are awarded to the companies with the most points per employee. Sponsored by Parks and Recreation, this is a great way to introduce fitness, team spirit and a little fun into your workplace. Call Parks and Recreation and sign up by April 5.



ENCOURAGE YOUTH TO BE HEALTHY AND ACTIVE

LIFESTYLE CHANGES, INCLUDING inactivity, have dramatically increased the number of overweight and obese youth. Obesity not only increases a youth’s risk for numerous health problems, but also the likelihood of discrimination, according to the U.S. Department of Health and Human Services. In addition, an overweight youth is likely to become an overweight adult, putting them at more risk for chronic disease.

Encourage youth to be active and involved in something they enjoy. Besides the health benefits, youths’ self-esteem and social well-being get a boost. Anxiety and stress is reduced. Youth connect with positive adult role models and they develop new skills.

Activity habits learned in youth are more likely to carry into adulthood. For some ideas, check out the *A-Z Youth Activity Guide. See page 1.*



AR&LE

THE ADAPTIVE RECREATION AND Learning Exchange (AR&LE) offers recreational, leisure and community education programs that are specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield. For more information, call Parks and Recreation or visit www.ci.bloomington.mn.us.

Inclusion services provided

Under the direction of the Adaptive Recreation Supervisor, inclusion services allow participants with disabilities to fully participate in Parks and Recreation programs. For more information, call Parks and Recreation or e-mail parksrec@ci.bloomington.mn.us.

YOUTH SPORTS

BLOOMINGTON ATHLETIC ASSOCIATION (BAA)

BAA OFFERS BASEBALL AND softball programs for boys and girls, age 5 through 12, including a mini-mite program for kids, age 5. For information on programs, call the BAA Information Line at 952-888-0807 or visit www.baaonline.org.